

2Salisbury SteakwithBrGravy10

Number of Servings: 10 (111.95 g per serving)

Amount	Measure	Ingredient
2.00	lb	Beef, ground, hamburger, raw, 10% fat
3/4	cup	Bread Crumbs, plain
2.00	ea	Eggs, whole, raw, lrg
8 1/2	tsp	Onion, white, fresh, chpd

Nutrients per serving

Nutrition Facts	
Serving Size (112g)	
Servings Per Container	
Amount Per Serving	
Calories 210	Calories from Fat 90
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 4g	20%
Trans Fat 0.5g	
Cholesterol 100mg	33%
Sodium 135mg	6%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 21g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Instructions

Potentially Hazardous Food. Food Safety Standards: Hold food for service at an internal temperature above 140 degrees F

Notes

- * Bread crumbs, dry ground (above measurement) = 1# 8 oz bread, dried and ground
- * Each 4 eggs = ~1 cup

Combine RAW ground beef, bread crumbs, eggs, & onions and mix on low speed until blended. Do not overmix. (Pan browned ground beef put in computer to give correct analysis)

To make Salisbury Steak use #12 scoop to portion amount to be made into "steak" patty. Place on single layer on baking pans and brown in hot oven at 400 degrees F for 15-20 minutes. Transfer to counter pans, 25 serv/pan.

Prepare Gravy from Gravy recipe using Low Sodium Beef Broth. Pour over Salisbury Steaks. Put back in 400 degree oven and TURN OVEN DOWN to 350 degrees F. Bake for 1 hour or until internal temperature is 180 degrees F.

Serve 1 Salisbury Steak per serving with 3 oz gravy/serving = 2oz meat + 1/2 grain

1 serving = steak (6 g carbohydrate) & gravy (6 grams carbohydrate) 12 grams carbohydrate = 1 Carb Serv